

# Class Timetable

## Marl Pits Leisure Centre

Accurate as of 03/05/2024

Times for Monday 19 August			
Time	Session	Facility	Type
07:15 - 07:45	Meta-Fit	Dance Studio	Circuit
09:15 - 09:45	Cardio Abs	Dance Studio	Cardio
10:45 - 11:45	Beginners jogging club	Dance Studio	Cardio
12:00 - 12:45	Yoga	Dance Studio	Holistic
13:00 - 14:00	Circuit Class Lite	Dance Studio	Healthy Lifestyles
14:00 - 15:00	Circuit Class Lite	Dance Studio	Healthy Lifestyles
16:30 - 17:00	Meta-Fit	Dance Studio	Circuit
17:30 - 18:30	Body Pump	Dance Studio	Weight Classes
18:30 - 19:30	Body Combat	Dance Studio	High Impact
19:30 - 20:30	Yogalates	Dance Studio	Holistic